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WORLD CUP FEVER: 3-2-1 ...

TECHNOLOGY ABOUNDS AT THIS YEAR'S TOURNEY, STARTING WITH AN IRON MAN-ESQUE KICKOFF AT OPENING CEREMONIES PAGE 6

Rentals don't come cheap in these parts

Metro Vancouver deemed the most expensive place to rent in Canada PAGE 4

This apple juice comes with a kick

How do ya like them apples? Fermented, please. Check out these artisanal ciders PAGE 19

MOOD, STRESS AND SEXUAL DESIRE IN WOMEN

UBC Researchers are investigating the relationship between stress hormones, mood, and stressors in women with and without sexual desire complaints. Women will take part in a face-to-face interview, complete questionnaires and provide saliva samples and nail clippings from home to be analyzed for cortisol & DHEA.

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For more information:

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Charges laid in Yaletown shooting

Crime. Former employee at bike shop accused of attempting to murder Paul Dragan, five cops

Doors were open at Reckless the Bike Store in Yaletown on Wednesday, the same day attempted murder charges were laid against a former employee who allegedly gunned down the store owner in a brazen shooting the previous day.

Although staff are still reeling, an employee said they decided to open the store because that's what owner Paul Dragan would have wanted.

"We are all very distressed," said Ryan, who wouldn't give his last name. "But in the interests of him and his family, we are trying to do our best to keep on keeping on."

Dragan, 52, remains in hospital in critical but stable condition, said Const. Doug LePard, acting chief for Vancouver police.

Gerald Mark Battersby, 61, has been charged with six counts of attempted murder in relation to the shooting of Dragan as well as the attempted shooting of five police officers. He is also charged with four firearms offences.

Battersby is in serious condition in hospital under police guard.

The dramatic shootout began around 11 a.m. Tuesday when police say Battersby approached and shot Dragan outside a Starbucks on Davie Street near Marinaside Crescent. Two plainclothes officers who happened to be in a car in front of the coffee shop approached the suspect and exchanged several shots with him before he fled on bike along the seawall, police say.

Dozens of officers flooded the area and found the suspect on the seawall at Science World, where the suspect was shot in a second exchange of gunfire.

If not for the two officers near the Starbucks and a former emergency room physician with 22 years of experience who also happened to be nearby, LePard said the incident could have been much worse.

For Dr. Cliff Chase, it was a matter of being in the right place at the right time when he decided to get coffee at the nearby Urban Fare grocery store for him and his wife.

Chase was exiting the store when he realized someone had been shot. He handed his wife the coffees and ran to Dragan, who was sprawled on his back in a pool of blood.

Chase said he rolled a very pale Dragan, who was unconscious and barely breathing, on his side.

"His back was opened up about eight inches," he said. "I thought, 'Oh, this is not good.'"

He opened up Dragan's airway and tried to keep the bleeding under control with a towel until paramedics arrived. He chose not to perform CPR as it wouldn't have been effective with the amount of blood loss.

Although many are hailing him as a hero for his quick thinking, Chase downplayed his contribution. He just did what he was trained to do, he said.

"The real heroes in this are the doctors and nurses in emergency and in OR that worked on this guy so quickly," he said. "Once I had done my job ... I just walked back to my wife and said, 'Have you got my coffee?'"

THANDI FLETCHER/METRO

Dr. Cliff Chase, a former emergency room doctor, is seen outside the Starbucks on Davie Street where he treated Yaletown shooting victim Paul Dragan before paramedics arrived on Tuesday. THANDI FLETCHER/METRO

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SHOPPERS DRUG MART

Full-scale strike Tuesday

Teachers serve strike notice

The B.C. Teachers' Federation has told its members the union will serve notice that a full-scale strike could begin next Tuesday.

Teachers earlier voted overwhelmingly in favour of a full-scale walkout to back their demands. The union has sent an email to members that says bargaining is expected to continue in the meantime and that it's possible an agreement could be reached before next Tuesday. But the email says teachers should nonetheless take personal items home this week.

THE CANADIAN PRESS

Nanaimo

Teen attacked while helping kittens cross road

Police in Nanaimo, B.C., are investigating a bizarre early-morning attack on a teen who reported being thrown to the ground when she stopped her car to help some kittens crossing the road.

RCMP say the 17-year-old girl got out of her vehicle at about 1:30 a.m. on Wednesday and noticed a vehicle pull up behind her. She briefly spoke with the driver but as she walked back to her car police say the man attacked her and that at one point she lost consciousness.

THE CANADIAN PRESS

Correction

Vancouver Career College was misidentified in a story in Tuesday's paper. Metro regrets the error.

It's too late for the city to save the 115-year-old Legg Residence in the West End — pictured here on May 25, 2014 — which is being prepared for demolition this week. JENNIFER GAUTHIER/METRO

Council steps in to save heritage homes

Unanimous approval. New measures aimed specifically at First Shaughnessy

EMILY JACKSON
emily.jackson@metronews.ca

Gruesome, grim, quick, brutal — those were descriptors used by a city planner to describe the demolition of heritage and character homes that are disappearing from Vancouver's streets.

Destruction is what city council hopes to avoid, with a variety of carrot-and-stick measures that were unanimously approved Wednesday in an effort to save the vanishing stock of pre-1940s homes throughout the city, specifically in the historic First Shaughnessy neighbourhood.

Council will try to encourage people to save homes by allowing extra discretionary density if they do, and by cutting down on bureaucracy for smaller-density increases.

It will also place a one-year temporary demolition moratorium in First Shaughnessy. The city's premier residential area, built starting in 1907, has seen a spike in demolitions to 11 per year in the last 18 months, from 1.5 per year over the past three decades.

"The obvious concern is that the historical beauty of this historical neighbourhood is being not-so-slowly lost to oversized faux mansions with no significance or beauty in many peoples' eyes," said First Shaughnessy resident Dallas Brodie Ash.

Council will not allow additional density provisions for owners that don't save character homes, and it will require deconstruction instead of demolition of heritage homes.

That will be a pricier option, as houses must be taken apart piece by piece instead of smashed — and at least 75 per cent of the material must be recycled or reused. That includes doorknobs and window frames.

The Vancouver Heritage Foundation and many residents supported the actions, the first steps in a heritage action plan that will take 18 more months to complete.

Others said they believe the actions didn't go far enough, and implored the city to impose deconstruction rules to any demolition and to make changes to zoning.

"The disincentive of a few thousand dollars is not enough to stop the demolition of homes, if you're spending millions and millions of dollars," Coun. George Affleck said.

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Paddling the Straight for men's health

Olympic gold-medal winning triathlete Simon Whitfield prepares to launch the Stand Up Paddle for Men's Health at English Bay Wednesday afternoon. Whitfield and 10 others will paddle across Georgia Straight to the southern tip of Vancouver Island. The 140-kilometre, three-and-a-half-day trip, aims to raise money and awareness for the Canadian Men's Health Foundation. Follow the paddle at dontchangemuch.ca. COURTESY RORY MCGARRY

Vancouver is as pricey as it gets

Most expensive rent in Canada. Survey shows vacancy rates dropped, prices hiked

EMILY JACKSON
emily.jackson@metronews.ca

No wonder it's such a gong show to land an apartment in Vancouver.

Rental vacancy rates have dropped, meaning more people are fighting for fewer apartments, helping Metro Vancouver earn the title as most expensive place to rent in Canada, according to a Canada Mortgage and Housing Corporation survey released Wednesday.

An average two-bedroom apartment rents for $1,274 per month compared to $1,267 in Calgary and $1,241 in Toronto.

That price may seem low for the City of Vancouver where council considers $2,061 per month an affordable two-bedroom rental, but the statistics account for the census metropolitan area including Surrey, Coquitlam and other suburbs.

Rental vacancy rates across Metro Vancouver dropped to 1.9 per cent in April 2014 from 2.8 per cent in April 2013.

The city is giving developers more incentive to build rental units. More than half of Vancouverites are renters.

Long-term offender

Kidnapper of three-year-old appeals sentence

A man declared a long-term offender after he snatched a three-year-old boy from his home in Sparwood, B.C., is appealing his seven-year prison sentence.

Randall Hopley was sentenced last November for the September 2011 kidnapping of Kienan Hebert.

Following a four-day RCMP search for the child, Hopley returned Kienan to the family's home apparently not assaulted.

THE CANADIAN PRESS

Busted. RCMP seize 35 kilograms of heroin, two face trafficking charges

Two men have been arrested for drug trafficking after 35 kilograms of heroin were seized at the Vancouver International Airport in one of the biggest drug busts in the West Coast's recent history.

The RCMP, Canada Border Services Agency and the Vancouver police arrested the men on May 22 after an 18-month investigation into the suspected transport of drugs from South Asia into Canada through YVR. The two men face charges of possession for the purpose of trafficking.

EMILY JACKSON/METRO

The seizure is among the largest in the West Coast's recent history. CONTRIBUTED

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TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in Sao Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific papers and countless clinical tests that are nearing a spectacular summit.

Scientists at work at Miguel Nicolelis' lab in Sao Paulo. BIGBONSAI+LENTEVIVAFILMES /AFP

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. AFP

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received $14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added. AFP

Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The FIFAWorldCup Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also FIFA.com, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags #myworldcup or #CM2014. And soccer buffs can also click like on the official World Cup Facebook page. AFP

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Rebento" duffle bags have been manufactured, designed to be used during the tournament by star players Neymar Jr., Wayne Rooney and Cristiano Ronaldo.

Nike Football Rebento duffle bag. COURTESY NIKE FOOTBALL

A 3D-printed leather base provides the structure for the piece, which extends into a laser-sintered nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from nike.com from July 1. AFP

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. AFP

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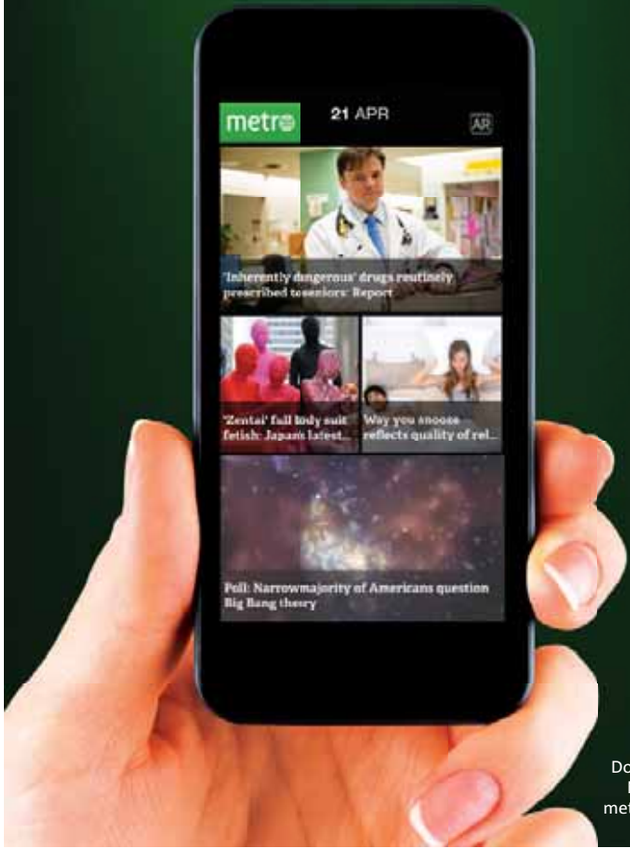
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Family says milkshake sent their boy to ER

'Enough is enough.' Ottawa-area man wants to know what was in his son's beverage, but McDonald's won't share its internal findings

TREVOR GREENWAY
Metro in Ottawa

A Gatineau, Que., family wants to find out what was in their five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn, his stomach ache and may have led to him being unable to gain weight.

Jon Hansen says he has been fighting with McDonald's for almost a year to release a report that he says proves a compound was added to the chocolate shake.

McDonald's Canada spokesperson Jason Patuano said the company launched an internal investigation and tested the affected milkshake through an independent lab. He said the results were inconclusive, but would not share the report with Metro.

Pierce Hansen, 6, and his parents Jon Hansen and Jennifer Cameron say a McDonald's milkshake Pierce drank last summer was contaminated. TREVOR GREENWAY/METRO IN OTTAWA

The dispute started July 22 last year when Hansen and his family went to the drive-thru at a McDonald's to get french fries and milkshakes. The English-speaking family said they were ridiculed for not speaking French, and when they got their order, Hansen said the fries "had been stomped on" and his young son said his milkshake "tasted funny."

"He said it was peppermint. He didn't mean it was sweet like peppermint, he meant it burned his mouth," said Hansen.

The family brought their child to hospital and was advised to call poison control. Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen worries future complications may come up, and without knowing what was in the shake, doctors can't fully assess what, if any, damage has been done.

"Enough is enough. We want to know the truth — it's as simple as that," said Hansen. "The next time it happens, maybe a child dies."

Politics. Committee says NDP MPs owe $1.17 million

The NDP is going to court to challenge the verdict of a secretive House of Commons committee, which found New Democrat MPs guilty of improperly spending $1.17 million in parliamentary resources on partisan mass mailings.

The multi-party Board of Internal Economy ordered NDP MPs on Wednesday to repay $36,000 to the Commons — presumably to cover the cost of envelopes used to send almost 2 million missives to households in 26 ridings, including four in the midst of byelections.

And it concluded the MPs owe another $1.13 million to Canada Post for allegedly improper use of their free parliamentary mailing privileges, known as franking.

"The board cannot compel members to repay these (franking) costs," Conservative whip and board spokesman John Duncan said late Wednesday.

"However, it is incumbent on these members to work with Canada Post to repay the $1.13 million."

But New Democrats dismissed the board as a "kangaroo court" and its verdict as the foregone conclusion of a partisan "witch hunt." They vowed to take the matter to a real court for a fair and impartial hearing.

"None of this will hold up in a court of law," asserted NDP House leader Peter Julian, who was accompanied to a late news conference by renowned constitutional lawyer Julius Grey. THE CANADIAN PRESS

Government whip and spokesman for the Board of Internal Economy John Duncan makes a statement on Wednesday. THE CANADIAN PRESS

Danny

Slain Mountie's police dog will get a new partner

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.

The Mounties say once a new partner is chosen, Danny will spend time bonding with that officer before returning to the RCMP Police Dog Service Training Centre in Innisfail, Alta., for a three-week test.

The RCMP say they've received many inquiries from the media and members of the public about Danny's future following the death of Const. Dave Ross.

THE CANADIAN PRESS

Const. Dave Ross's dog Danny during the funeral procession on Tuesday. THE CANADIAN PRESS

Lululemon. More negative energy as founder speaks out against board directors

Shareholders of Lululemon Athletica Inc. have re-elected two directors that the company's founder and largest shareholder Chip Wilson voted against in an apparent boardroom backlash, the latest controversy to come to light at the struggling yoga wear retailer.

Hours before the vote on Wednesday, Wilson, a director who owns 27 per cent of the company's shares, announced he voted against chairman Michael Casey, who had just replaced him in that role months earlier, and director RoAnn Costin, a private equity executive.

Wilson said he felt change was needed at the board level to boost the company's lagging share price.

"While I am excited about the new management team that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which Lululemon was founded and on which the company thrived," Wilson stated. THE CANADIAN PRESS

Market Minute

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TSX 14,892.13 (-12.25)

OIL $104.40 US (+$0.05)

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Natural gas: $4.53 US (-$0.01)
Dow Jones: 16,843.88 (-102.04)

Bring back the crystalline fructose and sugar mix!

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste. Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since. Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however. The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula. PHOTO: SCOTT OLSON/GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

Ketchup to cars

Ford, Heinz aim to spin tomato skins into auto parts

Ford Motor Co. and the H.J. Heinz Co., the Pittsburgh-based ketchup maker, are teaming up on research to turn tomato skins into auto parts.

Scientists at both companies believe they can use tomato fibres to manufacture composite materials used for wiring brackets, or storage bins in cars instead of petroleum-based plastics. THE ASSOCIATED PRESS

Antitrust commissioner

EU looks into Apple, Starbucks and Fiat tax deals

The European Union's antitrust regulator said Wednesday it is launching an investigation into tax deals that Apple, Starbucks and Fiat struck with several European countries to see whether they violate competition law. THE ASSOCIATED PRESS

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GREAT GIFTS FOR THE SATISFACTORY DAD

HE SAYS

John Mazerolle
metronews.ca

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

Big Neckwear invented the holiday as a means of selling men's accessories, and they're the only ones who benefit. Everyone else just gets enough ties to start a new soccer league.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. When I was growing up, his tastes were more in the range of his black T-shirt with silver lettering that said "Disco Dad." Maybe the repeating-saxophone-pattern tie I picked out one year would have worked, but I never saw them worn together.

And so today I hope to make up for my disappointing childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the armrest of the couch.)

Dad's Day Gift Guide:
Just wait until your father gets home

* For a new twist on an old classic, your dad will love a **"Satisfactory Father" mug**. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget?

* If your dad is more conservative than that, you could always **buy his vote**. A cool $100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer cables, and keys to locks that might no longer exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!

At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers

1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.

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metro AR

In this issue, you can find AR enhancements on page 14 in Scene and page 31 in Sports

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Rumble with the bumble

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hivemate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. Two: Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)

THE CANADIAN PRESS FILE

metro

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Taking the crammed dance show to the great outdoors

Dances for a Small Stage. The lawn of the Shadbolt Centre holds the tiny stage

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Dances for a Small Stage is taking their small stage to the great outdoors and will perform on the lawn of Burnaby's Shadbolt Centre. CONTRIBUTED

Bolt of Creativity

Anyone who reads this column regularly (mom, dad, girlfriend) knows that I love me some Dances for a Small Stage.

After all, what can be better than incredibly talented dancers performing on a tiny stage?

How about doing it outside?

It's Dances for a Small Stage: Summer Lovin', MovEnt's first foray into the wilds of Burnaby.

It all goes down at the Shadbolt Centre next weekend, where participating artists will perform works inspired by Deer Lake Park and surrounds.

"One of Small Stage's goals has always been to push boundaries — both those of our artists and of ourselves," says MovEnt artistic producer Julie-anne Saroyan. "So when the Shadbolt Centre approached us with the notion of an outdoor event, I couldn't possibly say no!

"I think audiences will be delighted to see how these thoughtful and creative performers rise to the challenge. "

It's the same 10-foot-by-13-foot stage but in an entirely new setting: specifically, the Bolt's well-manicured south lawn.

Dancers include former Ballet BC dancers Makaila Wallace, Simone Orlando and Maggie Forgeron; Karissa Barry, Thoenn Glover, Julie Chapple, Lina Fitzner, Caroline Liffmann and Dayna Szyndrowski. Musicians include Elisa Thorn (harp), Shanto Acharia (cello), Meredith Bates (violin) and Britt MacLeod (vocals).

Tickets are $15 (adults), $10 (youth). June 20 and 21 (8 p.m.) at the Shadbolt Centre for the Arts (6450 Deer Lake Ave.).

More information at shadboltcentre.com.

The Doc is In

If you're a big fan of documentaries, you'll want to check out the Best of Hot Docs at Vancity Theatre from June 20-26. Presented by the Vancouver International Film Festival and Hot Docs Canadian International Documentary Festival, Best of Hot Docs features nine outstanding films from this year's Hot Docs lineup.

Films include I Am Big Bird: The Carroll Spinney Story, 112 Weddings, An Honest Liar, Slums: Cities of Tomorrow, and many more. Check out the full slate at viff.org.

TUTS, TUTS, TUTS

Theatre Under the Stars presents Shrek: The Musical and Legally Blonde: The Musical, running July 11 to Aug. 23 (performances alternate evenings) at the Malkin Bowl in Stanley Park. Early-bird tickets on sale until June 13. Tickets range from $20 - $45. More information at tuts.ca.

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Scan this image with your Metro News app for a clip of Ice Cube in 22 Jump Street

F— tha Police? Nah, Ice Cube's cool with playing a patience-tested captain

22 Jump Street. The star knows people have low expectations of sequels, but swears this movie's 'as fun as the first one'

NED EHRBAR
Metro World News in Hollywood

Ice Cube, who played the patience-tested captain in charge of Channing Tatum and Jonah Hill in 21 Jump Street, is back and grumpier than ever in 22 Jump Street, a sequel well aware of itself. The former N.W.A rapper fills us in on the new film and the awkward legacy of F— tha Police.

What did you think when you saw how much more you'd be doing in this one compared to the first one?
I liked it, you know? I think people love Capt. Dickson. He talks as much s— as possible, and everybody's with it. It was cool just to get the tone right and to do a movie that people dig that's fun — as fun as the first one. People respond to it. I think our greatest asset is low expectations.

Ice Cube says Hollywood is "obsessed with the lives of law enforcement and military." CONTRIBUTED

I would think after the success of the first one, expectations would be pretty high.
Yeah, but people in the back of their minds don't think we could get the sequel as good as the first one. It's not easy to include the audience without taking them out of the story, but [directors Phil Lord and Chris Miller] do a great job of letting people know that we're making a cheesecake out of a cheesy idea.

Are you taking any lessons here as you go into planning a sequel for Ride Along?
Yeah, you know, I'm a vet at doing sequels, but they're hit-and-miss. I think the real page you need to take away from it is to make sure you do a new movie that can stand on its own two feet and not a movie that's borrowing off the first movie, because that's when you get lazy and you run into trouble.

Some people took the success of Ride Along as a surprise. How did you feel about that?
You know, that's cool. I love to be underestimated. It gives me a leg up to get underestimated.

And to surpass expectations, it's all glory. So I don't mind it. People have been putting me short my whole life.

I always go above and beyond to make it happen.

How often do people ask about the irony of you playing a cop, since you got your start with F— tha Police? And how tired are you of getting that question?
They actually happen every interview, and I'm not tired of it. If you really know what I'm talking about in the music, you know I'm talking about dirty cops, I'm talking about corrupt cops, I'm talking about cops who abuse their authority.

I'm not talking about the cops that come and save your grandmother when she's getting mugged. So to think I hate all cops is crazy. And I'm in Hollywood.

They're obsessed with the lives of law enforcement and military, so if I'm doing movies — especially over 20 years — it's more than likely I'm going to end up playing something like that. It's make believe, anyway.

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Grumpy Cat. TV movie for Internet sensation

Look for Grumpy Cat on Lifetime to herald in the worst Christmas ever.

According to The Hollywood Reporter, the Internet sensation with the wobbly walk, big blue eyes and frowny face will play a chronically overlooked pet-store cat. The twist, according to the cable network, is the 12-year-old girl who can communicate with her.

The live-action movie is aptly named Grumpy Cat's Worst Christmas Ever, and the human to voice the four-legged star has not yet been cast. It will shoot this summer.

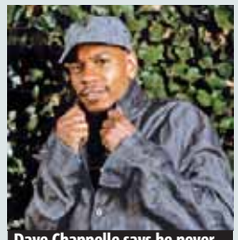
The script will be written by Tim Hill (SpongeBob SquarePants) and Jeff Morris, the Reporter said.

With her own agent, Grumpy's YouTube videos have racked up millions of hits. She has T-shirts, calendars, gift wrap and a bestselling book available in 14 languages.

In real life, Grumpy is named Tardar Sauce and lives in Arizona. THE ASSOCIATED PRESS

Grumpy Cat celebrated Christmas once. It was awful. LIFETIME

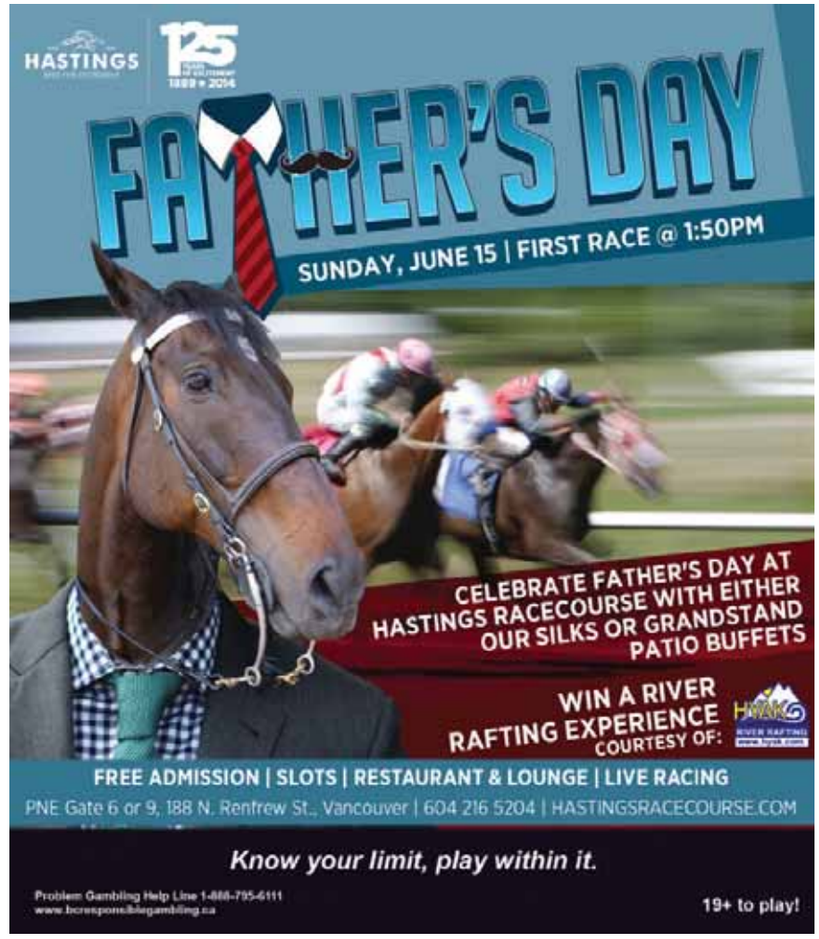
Chappelle's Show


Dave Chappelle says he never quit his TV show. COMEDY CENTRAL

'I'm seven years late for work': Dave Chappelle

Dave Chappelle says he never quit his Comedy Central show. He's just seven years late to work.

Chappelle appeared on the Late Show With David Letterman on Tuesday night, his first late-night appearance in more than six years. Chappelle has kept a mostly low-profile since abruptly exiting Chappelle's Show in 2005. "Technically, I never quit. I'm seven years late for work," said Chappelle, who actually departed the show nine years ago. THE ASSOCIATED PRESS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Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films Batman vs. Superman: Dawn of Justice, according to Star magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster." And that roller coaster has apparently been continuing at casinos in Detroit and across the border in Ontario, where Affleck has been spotted looking dishevelled and distraught, betting $5,000 at a time at the tables.

"Ben has a compulsive personality," another source adds. "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alter ego

MELINDA TAUB
Metro World News

Matthew Paetz, Lea Michele's rumoured new boyfriend, is very handsome. So handsome that he may have turned pro.

Sources say Paetz and Michele are dating, but they haven't exactly been spotted snuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ.

TMZ has screenshots of "Christian's" profile on Cowboys4Angels, an escort service that provides male companionship to ladies. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. His companionship was available for $350 per hour, $6,000 for a weekend, or $17,500 for the whole week.

That's not to say Lea Michele is a client — she reportedly met Paetz on the set of her music video. Sources say he hasn't been taking on clients since April.

Look. I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two. I once got fired from a pirate-themed nightclub. Lea Michele, your boyfriend is fine.

Twitter

@RuPaul
Quick Reminder: Breathe, laugh, repeat

@KevinHart4real
Just touched down in ATL....I slept with my mouth open for the entire flight...I have developed a smell in my mouth that should be banned

@ConanOBrien
Reality Check: I was around in 1973 and saw absolutely no signs of X-Men from the future.

Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The Pitch Perfect star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made Up in the Air five years ago.

"Honest to God," she insists to Elle magazine.

Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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Finding foundation in fashion

Shenae's all that.
Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration

ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Perhaps you know her best from Degrassi: The Next Generation, or from playing the role of Annie in the reboot of 90210, but Shanae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?
First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as for the brand's esthetic — it's definitely the most 'me,' which I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cosmetics and Shanae Grimes?
I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be it for?
Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in Friends — we've all had those horrible experiences. I would avoid that.

It's ironic that you've been paired with a cosmetics brand when People Magazine named you one of the most beautiful people without makeup in 2009. So what can Annabelle do for someone who doesn't even need to use cosmetics?
For me it's always my eyes. My husband always says, which he should, that he prefers me without makeup. My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better.

What's your favourite Annabelle product?

"The EyeInk Liquid Eyeliner is my everyday product – the black – it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- EyeInk Liquid Eyeliner, $9.95, annabelle.ca

Peeper priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."
Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?
Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?
As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at Teen Vogue and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?
I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have a weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jean shorts and tank tops that avoid the sandal area entirely.

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Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are out suggestions courtesy of the hosts of My Kitchen Rules, Ask the Butcher and Secret Meat Business.

Metro

Breakfast: Bacon Huevos Rancheros

Get Dad's special day off to a great start. GUSTO TV (GUSTOTV.COM)

This Bacon Huevos Rancheros recipe comes from My Kitchen Rules, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Ingredients

Tortillas
- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa
- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping
- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

Lunch. Banh Mi.

This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of Secret Meat Business' recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty
- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich
- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Take Dad's dinner to the next level with Aged Rib-Eye

This recipe serves four. GUSTO TV (GUSTOTV.COM)

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly), pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged chargrill pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle

Salsa
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, or to taste

Refreshing, fermented apple (or pear) juice goodness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, $3.00 to $3.95).

Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucey aroma and rich, baked apple flavour (England, 500 ml, $3.00 to $3.88).

Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, $3.15 to $4.62).

Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, $3.00 - $3.94).

Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, $3.00 - $3.99).

Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion. Instead of heading to the store, make your own gift from scratch

JORDAN HIPSON
For Metro Canada

Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly compliments all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy marker or pencil, trace around opening. Ensure your hot glue gun is plugged in to heat up.

3. Cut out the circle you have just traced.

4. Place a thin bead of a glue around the single opening of your PVC pipe. Safely attach your plastic or mesh. If you are using plastic, consider adding a few small slits or holes to allow drainage.

5. Fill the vessel with enough soil to plant your herbs. When planting the herbs, the excess soil in the store pot is usually enough to completely fill each of the pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO

Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

Materials

- PVC Wye Pipe – 2 or 3 pipe configurations Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at $155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his a stay at the Hôtel de Glace in Quebec City (hoteldeglace-canada.com), which is open each year between January and March. A special package is now on for $179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from $99 to $155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com

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Custom considerations

You can sometimes get what you want.
Furniture store allows the customer to play designer

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks? Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture that will help your purchases look like you had a designer by your side:

Fabrics

The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

Furniture style

Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.

Comfort and size

When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs

Take the shape of the leg from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa. The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!

Tailor-made just for you

Many Canadian home furnishing stores are offering custom options on their best-selling pieces of furniture.

Groove Chair, left, $930 (standard), a great standard design was lacking the pizzazz I had hoped for.

Custom Groove Chair, below, with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, $1,300. UrbanBarn.com PHOTOS CONTRIBUTED

Moonhouse project. Artist crowdfunds to get his dream home off the ground

The Moonhouse SARA MEDINA LIND

A traditional Swedish cottage could be the first house on the moon, set to land as early as October 2015.

Swedish artist Mikael Genberg has been working on the Moonhouse project for over 10 years and has now turned to crowdfunding to make his dreams a reality.

If all goes according to plan, the red house with white gables will be sent into the universe by U.S. aerospace technology company Astrobotic on the back of a spacecraft in October next year.

Measuring three metres by two metres at the base, the house will have a roof height of 2.5 metres, allowing an adult to stand up inside. Once deployed on the moon, the cottage will unfold by itself to form a typical Swedish abode.

"Putting a house on the moon should be impossible, but through crowdfunding, through the Internet, through being enough individuals going together proving this, that means that we can do anything," says Genberg.

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 kilometres from Earth to the moon.

Each $1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

"The Moonhouse will enable people to make history and a mark on the international scene since the Moonhouse will be the first payload funded by private individuals to land on the moon," says John Thornton, CEO of Astrobotic. AFP

Long-distance relo

384 km

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 km from the Earth to its destination.

$1

Each $1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

Seat-smart decorating will keep your guests sitting pretty

No more playing musical chairs.
Entertain the grown-up way with tips that will turn your place into an ideal party space

Creating a home that can easily be converted from serving the needs of daily life to a venue for entertaining guests is something homeowners might want to consider when they are planning their spaces and purchasing furniture.

Side tables

According to Angela Robinson, a Vancouver interior designer, most Canadians are casual entertainers, which means their guests might find themselves eating appetizers in a living room rather than sitting down to a formal dinner in a dining room, so seating and tables, including coffee and side tables, are important pieces.

"If you are sitting in a living room having a drink and some food, there is often not enough seating and surface space for people to feel comfortable putting drinks or plates down, and space for a homeowner to put plates of appetizers down," she says. "You really don't want them to put glasses and dishes on the floor beside them."

Extra seating

Storage for extra seating is not an option for many homeowners, but Robinson says there are functional and stylish alternatives to having stacks of folding chairs tucked into a closet.

"It is wise to consider choosing chairs for the rest of your house that co-ordinate with your dining area," she says. "For example maybe a homeowner does a patterned upholstered desk chair or a chair at your kitchen phone desk and as long as they all co-ordinate with your dining room you could pull them in when entertaining."

Hide the mess

Robinson says one of the major problems her clients have when it comes to creating spaces conducive to entertaining is how to approach a home with an open concept.

"A homeowner will be prepping the meal and getting ready for the evening in the kitchen, and quite often are entertaining right beside the kitchen in the adjoining dining room or living room," she says. "I know that having their mess exposed to their guests is a concern for some homeowners."

Creating partitions or barriers with sculptural pitchers or vases and flower arrangements is one easy way homeowners can block guests from what's going on in the kitchen.

Movable pieces

A benefit of an open-concept home is the ability to transform the various spaces to suit the needs of a party. Ellie Chapple, manager and senior designer at Rook and Rose in Victoria, says having pieces that can be moved to create intimate spaces for casual dining or to make way for a large table for formal dining makes entertaining easier.

Set the mood

Chapple also applies the same concept to the accessories that set the mood for the perfect event.

"A big trend we've seen in the past year is the rustic look," she says. "People are using everything from ceramic pitchers and mason jars to wood rounds and cuts, and loose marble cuts."

THE CANADIAN PRESS

Choosing chairs that coordinate with your dining room set helps to create a home that can easily be converted from serving the needs of daily life to a venue for entertaining guests. ALL PHOTOS JANIS NICOLAY/HANDOUT/THE CANADIAN PRESS

Small details lead the way

Nothing is worse than when you create the perfect mood in the space you want to entertain in, and your guests congregate in the kitchen for the evening instead. Chapple says paying attention to the small details can help draw people to other areas of the house.

- "Little finishing touches go a long way in terms of decorating your home for an event," she says.
- "Making sure that you are putting those extra touches, whether it is flowers, candles or a string of lights outside, to help pull your guests to the areas you want them to gravitate towards."

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FATHER'S DAY GUIDE

Thursday, June 13, 2014

Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

'I just realized, I am a dad now'

First Fathers' Day. London, Ont., couple shares trials and tribulations of finding a surrogate

KATE RAE
For Metro

Frank Emanuele, a teacher in London, Ont., always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still. I thought I would being doing it alone."

For Norm Furtado, a family physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them. "Frank basically said, 'Look, I am having kids. This is where the train is going,'" Furtado said. "And I don't know my exact words, but I said, 'Yeah. I could have kids with you.' It suddenly seemed possible." And the journey began.

Years of research, heartbreak and baited breath followed as the couple navigated the complex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

The labouring proved to be more complicated than with Angela's previous four pregnancies, and both dads were stricken with worry. But Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.

"I watched Frank the whole time. I remember the look on his face.

"I remember the way his hands fell open to welcome our child.

"I describe fatherhood as 'new heights of joy balanced with new depths of fatigue,'" says Furtado. "But at the end of the day, there is nothing more healing than playing with Luca and hearing him giggle."

"People talk about 'that moment' when you suddenly feel like a parent," Emanuele says.

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."

Norm Furtado

"I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time … Then Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just realized, 'I am a dad now.'"

Now, eight months into fatherhood, the two dads are starting to talk about adding to their family and giving Luca a sibling. Both are besotted.

"I never had that. The moment Luca was born, I was so ready. It was 'OK, here we go.' Life is different, of course."

This Father's Day — their first as parents — will be spent at a cottage with their friends Emily and Andrea, a couple whose three-year-old daughter for whom Emanuele was the donor.

"I knew that I couldn't ask anyone to help me have a baby, if I wasn't willing to do the same for another family," Emanuele added. This year, the two couples and two kids will all celebrate Donor's Day and Father's Day together.

"We always say that we don't have a family tree," Emanuele says. "We have a family vine."

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Spoil dad on his special day

Grooming goods. These gifts will make dad the most immaculately preened man in the world

JANINE FALCON
For Metro

Jack Black Deep Dive Glycolic Facial Cleanser is ideal for oily skin as well as dry. Glycolic acid smooths, prevents clogged pores and evicts dry patches, too. $20 at Hudson's Bay, Holt Renfrew and Sephora.

Clark & James Garconnière Cotton Soap Rope brings back that soap-on-a-rope concept in a fresh, cool, planet-friendly way. $16 via clarkandjamesco.com.

The Gillette Fusion ProGlide with FlexBall Technology is a next-level razor that smoothly navigates facial contours to deliver an ultra-close shave on the most sensitive skin. $19.99 at drugstores and mass retailers.

The Blind Barber Shave Kit pairs rich Watermint Gin shave cream with a moisturizing Aftershave Soother. Stop by the popular East Village barbershop and cocktail parlour on your next NYC trip. $50 at 6ByGeeBeauty

Captain's Choice Original Bay Rum Aftershave combines vintage and modern with a side of "aye-aye, matey" in an invigorating yet soothing natural brew. $17.95 via menessentials.ca.

Imperial Barber Products Fiber Pomade adds lightweight texture, subtle shine, and restyle-ability when the ball cap or motorcycle helmet comes off. $24 via menessentials.ca.

Hermès Terre d'Hermès Eau Tres Fraîche is a zesty, more airy version of the classic original, with a slight trail appropriate for low-scent-tolerance zones. $124 at Hermès boutiques and Holt Renfrew.

Dolce & Gabbana Light Blue Light Blue Discover Vulcano bottles the balmy, sun-soaked mediterranean sea with vibrant splashes of Italian lemon and zingy ginger. From $77 at Holt Renfrew, Hudson's Bay, Shoppers Drug Mart, Jean Coutu and Sephora.

Eminence Neroli Age Corrective Eye Serum, hydrates, softens and smooths under-eye skin. It was a hit with Fassbender and Jackman on the set of X-Men: Days of Future Past. $58. 1-888-747-6342 for retailers.

Clinique For Men Oil Control Mattifying Moisturizer feels light on skin and provides essential hydration as it tempers shine. $31 at department stores, Sephora and Murale.

Clockwise from far left: Clark & James Garconnière Cotton Soap Rope, $16; Eminence Neroli Age Corrective Eye Serum, $58; Imperial Barber Products Fiber Pomade, $24; The Gillette Fusion ProGlide with FlexBall Technology, $19.99; Captain's Choice Original Bay Rum Aftershave, $17.95; and Clinique For Men Oil Control Mattifying Moisturizer, $31.

Get creative. Skip the generic gift

This year, you'd really prefer to bypass giving a tie. And the gardening tools. Instead, get creative for Father's Day and be inspired with these fresh takes on gifts to celebrate dad.

IF YOU INSIST ON A TIE... "For Father's Day a few years ago my wife bought a blank tie and let the kids scribble all over it," says Mike Reynolds, a dad blogger with puzzlingposts.com. "If a tie is to be bought, make sure the kids have a role in it. I love my tie!"

CONSIDER A PHOTO FRAME... and have the kids decorate it. "That way the kids can personalize it and you can put in a picture that's important to you," suggests Ricky Shetty, a dad blogger at daddyblogger.com.

PICK UP LEGO... "I've got an affinity to all things Lord of the Rings and The Hobbit, so I've built a few sets with my oldest daughter and both of us have a blast doing it," says Reynolds. "It's a good way to extend the fun beyond just receiving the gift and into doing something."

TAKE TO THE PAGE... "Have kids write their own stories to give to dad. I write stories with my girls all the time and every time they come up with a new idea, no matter how crazy it is, I fall in love with their stories," Reynolds says. "Once they're done you have a story to read with the kids."

ASTRID VAN DEN BROEK/FOR METRO

What is dad's special hobby? If it is aerospace, Nanoblocks are a great gift for Father's Day. CONTRIBUTED

Go, go gadgets

Useful toys. Tech gifts range from a laptop to a robot that cleans your grill

MIKE YAWNEY
For Metro

Forget the neckties and fancy pens, technology is quickly becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

SONY SMARTBAND ($99.99)

Perfect for dads with an active lifestyle, this activity tracker monitors your movements, as well as your sleep patterns. There are many trackers on the market, but what really sets this one apart is the fact that it tracks your entertainment, giving you an overall snapshot of your lifestyle right on your Android smartphone.

GRILLBOT ($129.95)

Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

MOPHIE SPACE PACK ($149.95 AND UP)

The only case in the world which not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

HTC ONE M8 ($699.99, NO CONTRACT)

This smartphone sports a sophisticated gun metal finish, perfect for dads who want style and performance. Dual front speakers provide an incredible audio experience, while the camera lets you focus on subjects after you snap the picture, allowing for truly creative photos.

MACBOOK AIR ($999.99 AND UP)

There's a reason the MacBook Air remains a favourite amongst those on the go. This ultra-thin laptop weighs a mere 1.08 kilograms (just over two pounds) yet it still has plenty of power. Apple recently updated the processor for added speed, plus it has a battery that will last up to 12 hours on a single charge.

PHILIPS VACUUM BEARD AND STUBBLE TRIMMER ($49.99)

Help dad look his best. This unique beard trimmer has a built-in vacuum to collect trimmings, ensuring the bathroom sink stays nice and clean. The blades are maintenance free, and can be set to 18 different pre-set lengths.

PEBBLE STEEL SMARTWATCH ($249)

The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, track your activities, or notify you when your favourite team scores. On top of that, the metal and leather finish will look great on any dad's wrist.

GAME GOLF ($259.95)

Help dad stay on top of his golf game. This system uses special Near Field Communication tags on each club to determine club usage, distance hit and putts per hole. Once you finish a round, you can track your overall performance right on your iPhone or brag about your progress online with family and friends.

BABOLAT 'PLAY PURE DRIVE' TENNIS RACQUET ($450)

The world's first connected tennis racquet features sensors integrated into the handle to track power, where the ball hits the racquet head, along with other stats, rating your overall technique. The racquet works in unison with both Android and iOS devices.

Clockwise from bottom left: Babolat 'Play Pure Drive' tennis racquet, $450; Mophie Space Pack, $149.95; Macbook Air, $999.99; Grillbot, $129.95; HTC One M8, $699.99; Sony Smartband, $99.99; Philips Vacuum Beard and Stubble Trimmer, $49.99; and Pebble Steel Smartwatch, $249.

Game Golf, $259.95.

ASUS recommends Windows 8.

Father's Day card and gift in one incredible package.

ASUS VivoTab™ Note 8

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Robin Wright (left) and Cary Elwes star in The Princess Bride. HANDOUT

Father's Day flicks

Screentime. Gather up the kids and take in classics from your time

CLAIRE GAGNÉ
For Metro

Looking for something other than Frozen? Round in the kids and cuddle up with one of these classics from your childhood.

Flash back and entice the kids with the original of classic sci-fi movie, Star Wars. THE ASSOCIATED PRESS PHOTO/20TH CENTURY-FOX FILM CORPORATION

ROBIN HOOD

What's not to love about a movie in which all the main characters are animals? In this 1973 Disney-animated film, Robin Hood is a sly fox; Maid Marian, the vixen; and Little John, a big cuddly bear. Although not considered one of Disney's hits — and the first film to be produced without Walt Disney's involvement, following his death in 1966 — do the kids really care about character depth and quality animation?

Ages 3 and up. Rated G.

THE MUPPET MOVIE (AND ITS SEQUELS)

If your kids liked Muppets Most Wanted (2014) or The Muppets (2011), introduce them to a little old-school Kermit. The original, called The Muppet Movie, came out in 1979 and sees Kermit the Frog journey across the U.S. to find fame in Hollywood, picking up new-found pals Miss Piggy, Fozzie Bear and others along the way. The Great Muppet Caper was released in 1981, while Muppets Take Manhattan came out in 1984.

Ages 5 and up. Rated G.

Gene Wilder (centre) stars in the 1971 classic, Willy Wonka and the Chocolate Factory. HANDOUT

YELLOW SUBMARINE

You'll enjoy this 1968 Beatles movie for the music and your kids will love the animated, colourful, rambling adventure of the Beatles as they board the Yellow Submarine to travel to Pepperland and save it from the Blue Meanies, who have drained the underwater paradise of music and colour. Despite the psychedelic look of the animation and suggestions that songs such as "Lucy in the Sky with Diamonds" refer to drugs, there are no drugs or alcohol in this movie.

Ages 5 and up. Rated G.

WILLY WONKA AND THE CHOCOLATE FACTORY

Kids will cheer when poor boy Charlie is victorious at the end of this movie, based on the Roald Dahl classic book Charlie and the Chocolate Factory. There are some suspenseful scenes, but this 1971 version is less dark than the 2005 Tim Burton/Johnny Depp release. It's worth it for the "fizzy lifting drink" scene alone, where Charlie and his grandfather begin to float after partaking, and have to burp themselves down to avoid getting sucked into a fan.

Ages 6 and up. Rated G.

STAR WARS

It's not like your kids haven't been begging you to watch it anyway. With Star Wars themed tableware, toothbrushes and board books, the characters and storylines of the two trilogies are entrenched in the imaginations of young kids today. Start with the original (Episode IV: A New Hope, 1977) and have a remote control handy to fast-forward through the scary parts.

Ages 7 and up. Rated PG (Warning: Episode III: Revenge of the Sith is rated PG 13).

E.T.: THE EXTRA-TERRESTRIAL

Who doesn't remember the heartwarming story of E.T., the alien who is left behind on earth by his fellow aliens and befriended by 10-year-old Elliott. Your kids will identify with Elliott and his comrades, and you'll be transported back to a time in your life when everything seemed simpler. Warning: You just might cry in front of your kids.

Ages 7 and up. Rated PG.

Enviro Dad blogger, Eric Novak, of Ajax, Ont., and his children share time together, creating a big splash in their backyard pool. CONTRIBUTED

Celebrate dad differently

Memories. Father's Day may mean finding a new way to honour or remember your loved one

ASTRID VAN DEN BROEK
For Metro

Perhaps you don't have a father in your life, but you do have an uncle who helped raise you Or maybe, sadly, this is the first year spent without dad by your side. When it comes to celebrating Father's Day this year, who says it has to be a dads-only event? Here are some tips to toast dads-of-all-stripes, whether they're with you, in-person, or not.

Think about a donation

Looking for a way to honour your father? Perhaps make a donation to his favourite charity in his memory or plant a tree either in your yard or in a memorial forest. Or, if your father lived with a chronic illness, consider raising money and running a race in his memory, while supporting a good cause.

Take in an experience

Try reliving an experience with your beloved relative. "Growing up, for many years my father was never in my life," says Eric Novak, blogger and editor of envirodad.com. "I had a Big Brother through the United Way and an uncle who filled in those roles. And for my Big Brother and me, our favourite thing was to go to Exhibition Stadium and sit in the grandstands and eat steamed foot-long hot dogs."

Be creative

When celebrating a unique father-figure in your life, dad blogger Ricky Shetty, a blogger with daddyblogger.com, suggests to keep your mind open. "Think of these three tips: the more personalized the better, the more creative the better, the more unique the better," says Shetty.

Write a letter

This applies to someone who is still in your life, or who has passed away. Take a bit of time to put together a letter outlining how much you appreciate them in your life and thanking them for what they've done for you. And if your father has died, don't be afraid to purchase a Father's Day card and slip it in the same envelope.

Do what feels right

The website, ourhousegrief.org — the site for the California-based Our House Grief Support Center — suggests doing something tangible to remind yourself of your parent who's long gone. Think of tapping into those memories through your senses by taking a whiff of dad's favourite cologne or ordering and devouring his favourite pizza.

Campaign. Dads speak out for their daughters

Renowned Canadian dads — from political leaders and philanthropists to musicians and sports coaches — are uniting for their daughters, backing a global initiative, Fathers Empowering Daughters. It launched Wednesday by G(irls)20 — a summit mobilizing girls around the world to become the next leaders.

The campaign celebrates the powerful force fathers can play in the advancement of their daughters, calling on dads to showcase how they've helped their daughters succeed, while encouraging daughters to tell stories about their fathers empowering them. Stories are being shared in self-recorded videos, with kick-offs from the likes of Richard Branson, Ziauddin Yousafzai (Malala's father), Chelsea Clinton and Shakira.

Those high-profile Canadians dads taking part include Prime Minister Stephen Harper, Liberal leader, Justin Trudeau, musician Sam Roberts, Blue Rodeo frontman Jim Cuddy, producer and composer David Foster and B.C. Lions coach, Wally Buono. Even the campaign's theme song — Little B — has a Canadian touch, co-written by songtress Sarah McLachlan and philanthropist and businessman Frank Guistra.

"This campaign engages men in a unique, personal and meaningful way," said Farah Mohamed, CEO of G(irls)20. "Fathers can play an important role in encouraging daughters to realize their dreams, no matter how big or small, and this Father's Day we celebrate that."

The initiative is in run-up to the G20 this August, where G(irls)20 will address how to economically engage and empower girls and women around the world to achieve their goals. Visit fathersempoweringdaughters.org. METRO

YOU'RE NO BARTENDER
but
YOU CAN MAKE
ANY FIZZ TASTE BETTER.
Serve in a jar with a pretty straw.
Garnish with random herb (rosemary, mint, basil, cilantro).
Add your favourite flavour.
Fizz some water.
HAPPY FATHER'S DAY
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Don't let Father's Day fall flat this year.
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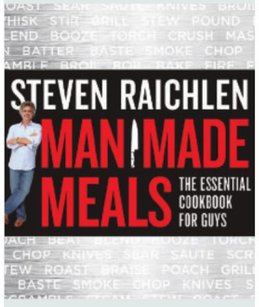
Cookbook of the Week

Inner workings of a man's kitchen



Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire. There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, and more. **METRO**

That's one very manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic," writes Steven Raichlen in his book Man Made Meals.

Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

This recipe makes two sandwiches — one for you and one for dad. LUCY SCHAEFFER

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls, and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the bottom and edges, 2 minutes on the first side, 1 minute on the second side, carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pepper, if using, and season the sandwiches with a little more salt and black pepper. Close the sandwiches and cut them in half before serving.

RECIPE PRINTED WITH PERMISSION FROM MAN MADE MEALS BY STEVEN RAICHLEN (WORKMAN PUBLISHING, 2014)

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Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ^Excluding normal wear and tear items and damage caused by collision, misuse, improper maintenance or abnormal conditions. See dealer for complete details. <Offer available to retail customers in Canada between June 3, 2014 and June 30, 2014. Applies to new 2014 Chevrolet models. 2015 Chevrolet Spark excluded. Dealer may sell for less or lease for more. Some conditions may apply. See dealer for details. ‡Offer available to retail customers in Canada between June 3, 2014 and June 30, 2014. Applies to new 2014 Chevrolet models. 2015 Chevrolet Spark excluded. Dealer may sell for less or lease for more. Some conditions may apply. See dealer for details. ‡‡Offer available to retail customers in Canada between June 3, 2014 and June 30, 2014. Applies to new 2014 Chevrolet models. 2015 Chevrolet Spark excluded. 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Offer may be changed or withdrawn at any time without notice. ▼Based on 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak. ▼Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ^Whichever comes first. See dealer for details. ^^Whichever comes first. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ><$750 credit available to 2014 Cruze 1LS and has been applied to offer. See dealer for details. ◆Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $166 for 60 months. Cost of borrowing is $0. 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See dealer for details.

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday.

The CFL and CFL Players' Association agreed to a five-year contract Saturday. However, many players have spoken out against the new deal which calls for a $5-million salary cap, well below the CFLPA's opening demand of $6.24 million.

The CFL also got a major concession from the union on the gross revenue formula that would trigger the renegotiation of the cap or entire collective agreement.

THE CANADIAN PRESS

NHL

Sens GM open to dealing Spezza

Jason Spezza has requested a trade, and Ottawa Senators general manager Bryan Murray says he'll try to make that happen.

"I don't want to trade the guy, really, and I know I won't get the value, in all likelihood that I should get for him," Murray said Wednesday after the NHL general managers meeting. "But I think that Jason feels maybe there's a change that he would like to have happen, and if that's the case we'll try to do what we can."

Spezza has one year left on his contract at a salary of $4 million US.

THE CANADIAN PRESS

Rangers goalie Henrik Lundqvist blocks a shot by Kings centre Jeff Carter on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Lundqvist silences Kings, critics to keep N.Y. alive

Stanley Cup final. Rangers goalie makes 40 saves in another clutch performance

Game 4

Rangers	Kings
2	1

Mark Messier got his cameo on the Madison Square Garden video screens early in Game 4 of the Stanley Cup final, and used it to hold four fingers in the air to signify the four victories in a row the New York Rangers needed.

Celebrities Michael J. Fox and John McEnroe followed. By the end of Wednesday night that number was three after Henrik Lundqvist willed the Rangers to a 2-1 victory over the Kings to stave off elimination and send the series back to Los Angeles for Game 5.

Lundqvist made 40 saves, including every single one in a third period that included just one shot for the Rangers, who spent more than half the game clinging to a one-goal lead. The entire time "The King" was brilliant, continuing his spectacular play in elimination games at home.

"Elimination games we need (Lundqvist) to be at his best," said Rangers forward Rick Nash.

Going into Game 4, Lundqvist had won seven straight in that situation with a 0.98 goals-against average and .967 save percentage. Stopping 40 of the 41 shots he faced helped him keep the streak alive.

Benoit Pouliot and Martin St. Louis scored for the Rangers. Captain Dustin Brown was the only Kings player able to beat Lundqvist.

At the other end, Jonathan Quick, who was the biggest reason Los Angeles had a three games to none lead in the series, finished with 17 saves in just his second NHL game at the Garden.

Incredibly, the Kings came centimetres from tying the score with 1:11 left. The puck got behind Lundqvist and ground to a halt in the snow just in front of the goal-line.

THE CANADIAN PRESS

Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Miami coach forces Heat to relive Game 3 blowout

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't offer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

TV numbers

14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS

4 SPORTS

2014 FIFA WORLD CUP BRAZIL™

BROADCAST SCHEDULE

GROUP MATCHES

TODAY
BRAZIL VS. CROATIA
12:30PM PT

FRI. JUN 13
MEXICO VS. CAMEROON
8:30AM PT

SPAIN VS. NETHERLANDS
11:30AM PT

CHILE VS. AUSTRALIA
2:30PM PT

SAT. JUN 14
COLOMBIA VS. GREECE
8:30AM PT

URUGUAY VS. COSTA RICA
11:30AM PT

ENGLAND VS. ITALY
2:30PM PT

CÔTE D'IVOIRE VS. JAPAN
5:30PM PT

SUN. JUN 15
SWITZERLAND VS. ECUADOR
8:30AM PT

FRANCE VS. HONDURAS
11:30AM PT

ARGENTINA VS. BOSNIA-HERZEGOVINA
2:30PM PT

MON. JUN 16
GERMANY VS. PORTUGAL
8:30AM PT

IRAN VS. NIGERIA
11:30AM PT

GHANA VS. USA
2:30PM PT

TUE. JUN 17
BELGIUM VS. ALGERIA
8:30AM PT

BRAZIL VS. MEXICO
11:30AM PT

RUSSIA VS. KOREA REPUBLIC
2:30PM PT

WED. JUN 18
AUSTRALIA VS. NETHERLANDS
8:30AM PT

SPAIN VS. CHILE
11:30AM PT

CAMEROON VS. CROATIA
2:30PM ET

THUR. JUN 19
COLOMBIA VS. CÔTE D'IVOIRE
8:30AM PT

URUGUAY VS. ENGLAND
11:30AM PT

JAPAN VS. GREECE
2:30PM ET

FRI. JUN 20
ITALY VS. COSTA RICA
8:30AM PT

SWITZERLAND VS. FRANCE
11:30AM PT

HONDURAS VS. ECUADOR
2:30PM PT

SAT. JUN 21
ARGENTINA VS. IRAN
8:30AM PT

GERMANY VS. GHANA
11:30AM PT

NIGERIA VS. BOSNIA-HERZEGOVINA
2:30PM PT

SUN. JUN 22
BELGIUM VS. RUSSIA
8:30AM PT

KOREA REPUBLIC VS. ALGERIA
11:30AM PT

USA VS. PORTUGAL
2:30PM PT

MON. JUN 23
AUSTRALIA VS. SPAIN
8:30AM PT

NETHERLANDS VS. CHILE
8:30AM PT

CROATIA VS. MEXICO
12:45PM PT

CAMEROON VS. BRAZIL
12:45PM PT

TUE. JUN 24
ITALY VS. URUGUAY
8:30AM PT

COSTA RICA VS. ENGLAND
8:30AM PT

JAPAN VS. COLOMBIA
12:45PM PT

GREECE VS. CÔTE D'IVOIRE
12:45PM PT

WED. JUN 25
NIGERIA VS. ARGENTINA
8:30AM PT

BOSNIA-HERZEGOVINA VS. IRAN
8:30AM PT

HONDURAS VS. SWITZERLAND
12:45PM PT

ECUADOR VS. FRANCE
12:45PM PT

THU. JUN 26
USA VS. GERMANY
8:30AM PT
OR
PORTUGAL VS. GHANA
8:30AM PT

KOREA REPUBLIC VS. BELGIUM
12:45PM PT

ALGERIA VS. RUSSIA
12:45PM PT

ROUND of 16 to FINAL BEGINS SATURDAY, JUNE 28.

Visit cbc.ca/fifaworldcup for full broadcast schedule.

FIFA WORLD CUP Brasil | CBC

OFFICIAL BROADCASTER

GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
1. BRAZIL	1. SPAIN	1. COLOMBIA	1. URUGUAY	1. SWITZERLAND	1. ARGENTINA	1. GERMANY	1. BELGIUM
2. CROATIA	2. NETHERLANDS	2. GREECE	2. COSTA RICA	2. ECUADOR	2. BOSNIA- HERZEGOVINA	2. PORTUGAL	2. ALGERIA
3. MEXICO	3. CHILE	3. CÔTE D'IVOIRE	3. ENGLAND	3. FRANCE	3. IRAN	3. GHANA	3. RUSSIA
4. CAMEROON	4. AUSTRALIA	4. JAPAN	4. ITALY	4. HONDURAS	4. NIGERIA	4. USA	4. KOREA REPUBLIC

2014 FIFA WORLD CUP
BRAZIL™

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OFFICIAL BROADCASTER

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CBC's dedicated website keeps visitors up-to-date on the latest news, insights and analysis from Brazil as well as connects you to live video streaming, highlights and a comprehensive broadcast schedule.

It's an unparalleled tournament that comes only once every four years. But you don't need to be a soccer diehard to enjoy the World Cup festivities that begin Thursday (Brazil vs. Croatia). Here's our breakdown of the teams, and predictions for the winners of all 8 World Cup groups:

CONTENT: TORSTAR NEWS SERVICE, PREDICTIONS: GOALDIFFERENCE.COM

All photos from Getty Images

8 World Cup predictions

A

Brazil The Samba Kings have the momentum, the attacking flair and, of course, the home-soil advantage. **Name to know: Neymar**

Croatia Croatia scraped into the tournament, but the nation has World Cup pedigree (finishing 3rd in 1998). **Name to know: Luka Modric**

Mexico Mexico looked dead in the water in 2013, but it did enough to survive and can't be overlooked in Group A. **Name to know: Javier Hernandez (Chicharito)**

Cameroon Cameroon will be relying on veteran presence in what will likely be an entertaining battle for second place in this group. **Name to know: Samuel Eto'o**

Javier Hernandez a.k.a. Chicharito

Prediction: Brazil (odds to win group: 52.1%)

B

Spain While some have proclaimed the imminent end of Spain's dominance, this is still a team loaded with weapons. **Name to know: Andres Iniesta**

Netherlands After falling short in the World Cup final for the third time in 2010, the Oranje will be desperate for vengeance. **Name to know: Arjen Robben**

Chile Considered by many to be a dark-horse pick to make a deep run, Chile will be severely tested in a difficult Group B. **Name to know: Alexis Sanchez**

Australia Australia comes into the competition having fired former head coach Holger Osieck in October. Not much is expected from a young Socceroos squad. **Name to know: Tim Cahill**

Andres Iniesta

Prediction: Chile (odds to win group: 37.8%)

C

Colombia The squad suffered a crushing blow when star striker Radamel Falcao was ruled out, but under coach Jose Pekerman, Colombia still sits in the top 10 in the world. **Name to know: James Rodriguez**

Greece Stingy defence and winning tight games remains a defining principle for Greece, which conceded just four goals in 10 group-stage games in qualifying. **Name to know: Georgios Samaras**

Ivory Coast With a less difficult group than it faced in 2010 and Didier Drogba in his last World Cup, Ivory Coast will be hungry. **Name to know: Yaya Toure**

Yaya Toure

Japan Japan will be looking to build on a promising run to the Round of 16 in 2010. **Name to know: Keisuke Honda**

Prediction: Colombia (odds to win group: 59.2%)

D

England With a mix of hardened veterans and exciting youth, England could be a contender. **Name to know: Wayne Rooney**

Uruguay The last time the World Cup was in Brazil, in 1950, Uruguay won it all. **Name to know: Luis Suarez**

Italy Italy will have grand ambitions under manager Cesare Prandelli — but which team will show up? **Name to know: Mario Balotelli**

Costa Rica Costa Rica's faint hopes of advancing took a devastating hit when star striker Alvaro Saborio was ruled out. **Name to know: Bryan Ruiz**

Mario Balotelli

Prediction: England (odds to win group: 34.8%)

E

Switzerland The Swiss cruised through World Cup qualifying, undefeated in 10 games, and sit as one of the top-ranked teams. **Name to know: Xherdan Shaqiri**

Ecuador Ecuador still possesses the potential to cause problems for the other members of Group E. **Name to know: Antonio Valencia**

France The French team just squeaked into the tournament, and will be missing Franck Ribery. Even so, the team has star power. **Name to know: Karim Benzema**

Honduras Los Catrachos are still searching for their first World Cup victory. **Name to know: Carlo Costly**

Karim Benzema

Prediction: France (odds to win group: 44.7%)

F

Argentina Argentina is driven, deep and dangerous. **Name to know: Lionel Messi**

Bosnia and Herzegovina The only World Cup debutante at this year's tournament, Bosnia has made history just by qualifying. **Name to know: Edin Dzeko**

Iran Under former Portugal manager Carlos Queiroz, Iran ground out plenty of tight games during its qualifying campaign. **Name to know: Javad Nekounam**

Nigeria Though winless in their last two appearances, the Super Eagles come into Brazil riding an undefeated World Cup qualifying campaign. **Name to know: John Obi Mikel**

Lionel Messi

Prediction: Argentina (odds to win group: 47.2%)

G

Germany Germany has injury concerns for a few of its stars, but remains favourite in the apparent Group of Death. **Name to know: Miroslav Klose**

Portugal Portugal sits at No. 4 in the world rankings and has loads of potential. **Name to know: Cristiano Ronaldo**

Ghana In 2010, the Black Stars went farther in the World Cup than any other African team in history. Many of the key performers from that run are back in 2014. **Name to know: Asamoah Gyan**

United States The Americans will be cast as outsiders to advance. **Name to know: Michael Bradley (of Toronto FC)**

Michael Bradley

Prediction: Germany (odds to win group: 50.9%)

H

Belgium Favoured by many to make a definitive stamp on the tournament, Belgium is talented everywhere on the field. **Name to know: Eden Hazard**

Algeria Algeria comes in packed with young players who ply their trade for notable European clubs. **Name to know: Madjid Bougherra**

Russia Under well-travelled Fabio Capello, Russia looks poised to put on a show. **Name to know: Igor Akinfeev**

South Korea The Taeguk Warriors are hardly on a roll, with wobbly form over the past 12 months and no true global stars. **Name to know: Lee Chung-Yong**

Eden Hazard

Prediction: Russia (odds to win group: 40.6%)

Horoscopes

♈ Aries
March 21 - April 20
You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

♉ Taurus
April 21 - May 21
The planets warn you may do something so out of character today or tomorrow that even those who know you well will be shocked. Hopefully it won't damage your reputation.

♊ Gemini
May 22 - June 21
Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

♋ Cancer
June 22 - July 23
A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

♌ Leo
July 24 - Aug. 23
You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

♍ Virgo
Aug. 24 - Sept. 23
If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

♎ Libra
Sept. 24 - Oct. 23
You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

♏ Scorpio
Oct. 24 - Nov. 22
The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

♐ Sagittarius
Nov. 23 - Dec. 21
A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

♑ Capricorn
Dec. 22 - Jan. 20
There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

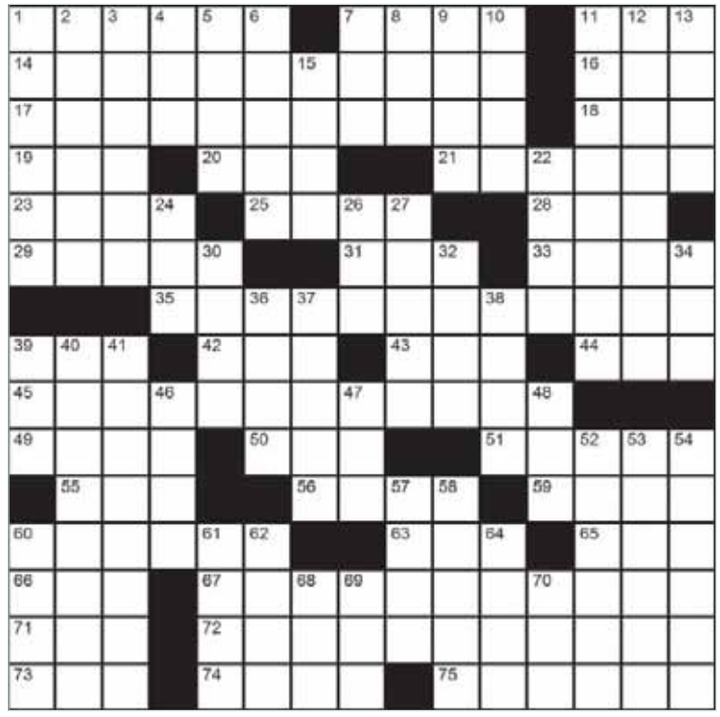
♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

♓ Pisces
Feb. 20 - March 20
There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



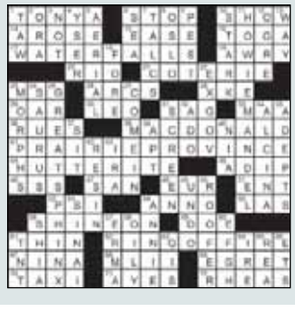
Across

1. Reversible patterned fabric
7. Poetic foot
11. Utah's cap.
14. June 12th, 2014 in Ontario this year: 2 wds.
16. Golf club part
17. Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
18. Ms. Landers
19. Beatles: "_ __ Mine"
20. Eastern prov.
21. Become soggy: 2 wds.
23. Survive
25. Saturate
28. '_' __ in Edmonton
29. Loosen
31. Mr. Howard
33. City haze
35. As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
39. Panda symbol org.
42. Mr. Knotts
43. Honey maker
44. Parisian possessive
45. Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
49. 'Switch' suffix
50. Blinker
51. Emcees
55. Mil. titles
56. Millennium divs.
59. "Magnum, P.I." setting
60. Swedish tennis great Stefan
63. Old high note
65. Mai __ (Cocktail)
66. Here: Spanish
67. Tailoring tasks
71. __-de-sac
72. Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern __
73. Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu
74. Fasteners
75. Actor Gary

Down

1. "I Love Lucy", A __ Production
2. Director Robert
3. "Not the __ hint of a..."
4. High card
5. Pace
6. Sky high toys
7. 'Benedict' suffix
8. Li'l court prosecutor
9. Ms. Helgenberger
10. Memory unit
11. BC: Granite monolith in Squamish, __ Chief
12. Elvis: "Are You __ Tonight?"
13. Penny
15. "Love Rollercoaster" by The __ Players
22. Musician/radio personality John
24. Ancient war god
26. Coming-in-plane, e.g.
27. Dried seaweed
30. Michael __ (The Neverending Story author)
32. Big Apple denizen
34. Theatrical monogram
36. Exhausted
37. Britannica, e.g.
38. __-savvy
39. Vince McMahon's org.
40. 2014 FIFA __ __ Brazil
41. As per #40-Down, the second 'F' of FIFA
46. Amount of medicine
47. "__ Haw"
48. Owl's chirp
52. Enlightenment, in Zen Buddhism
53. "I appreciate that"
54. Geneva's country, in French
57. Roman ruler
58. Deli side orders
60. Per
61. Highway exit
62. Hilarity
64. Mythical Hun king
68. Identify
69. Mr. Begley Jr.'s
70. Singer Janis

Yesterday's Crossword



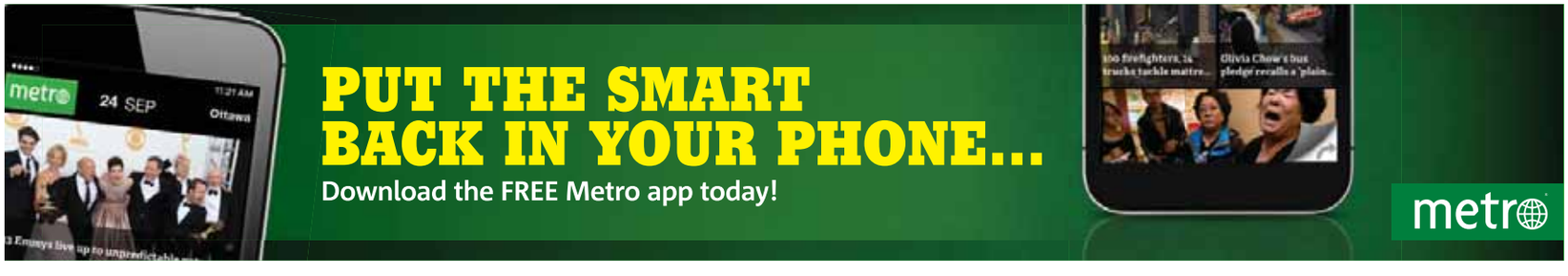
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		1		5				
			4				8	
	5			2		7		
9		3	6		2	5		
	7						9	
		4	7		9	3		2
		5		8			2	
	3				1			
				7		8		3

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1



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